

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (November 2, 9, 16, 21 & 30), you must sign up no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.		1. MULTI BEAN SOUP Deli Style Chicken Salad Bed of Baby Spinach Grape Tomatoes Fresh Pepper Slaw WGR White Wheat Bread Mandarin Oranges Chocolate Milk	2. (SL) Sign up by 10/26 PULLED PORK BBQ On WGR Sandwich Roll Cut Sweet Potatoes Creamy Cole Slaw Cherry Crisp Milk	3. BBQ PORK LOIN Baked Beans Fresh Cole Slaw WGR Sandwich Roll Pineapple Tidbits Orange Juice Milk
6. CHICKEN POPPYSEED CASSEROLE White & Wild Rice Blend Seasoned Green Beans WGR White Wheat Bread Diced Peaches Apple Juice Milk	7. TERIYAKI TURKEY BURGER Vegetable Fried Rice Fresh Japanese Cucumber Salad WGR White Wheat Bread Mandarin Oranges Milk	8. ROASTED PORK LOIN w/Sweet Onion Gravy Peas & Mushrooms WGR Buttered Noodles WGR White Wheat Bread Fruit Cocktail Fruit Punch & Milk	9. (SL) Sign up by 11/2 FRIED CHICKEN DINNER Seasoned Roast Potatoes Texas Ranchero Pinto Beans Creamy Cole Slaw WGR Cornbread Loaf Apple Juice & Milk	10.  VETERANS DAY ALL CENTERS CLOSED
13. ROAST TURKEY w/Gravy Mashed Potatoes Dilled Carrots WGR White Wheat Bread Fruit Cup Apple Juice Chocolate Milk	14. SALISBURY STEAK w/Gravy Herb Roasted Potatoes Harvard Beets Amish Navy Bean Salad WGR White Wheat Bread Grape Juice Milk	15. BBQ CHICKEN SANDWICH WGR Hamburger Roll Cream of Broccoli Soup Fresh Red Cabbage Slaw Apricot Halves Milk	16. (SL) Sign up by 11/9 BEEF STEAK w/Red Wine Demi Glace Garlic Mashed Potatoes Grilled Corn & Sweet Pepper Medley WGR Dinner Roll Confetti Cake Muffin Apple Juice & Milk	17. ROAST CHICKEN BREAST w/Gravy WGR Mac & Cheese Seasoned Green Beans WGR Corn Muffin Cinnamon Apple Slices Pineapple Juice Milk
20. TURKEY BURGER w/Cheese WGR Sandwich Roll Cucumber & Onion Salad Baked Beans Apple Juice Fruited Yogurt	21. (SL) Sign up by 11/14 TURKEY BREAST CUTLET w/Gravy Bread Stuffing Green Beans & Salad Cranberry Sauce WGR White Wheat Bread Pumpkin Pike w/topping Fruit Cocktail & Milk	22. CHICKEN PARMESAN SANDWICH WGR Sandwich Roll Green Pea & Red Pepper Salad Buttered Carrots Orange Juice Chocolate Milk	23.  HAPPY Thanksgiving ALL CENTERS CLOSED	
27. CREAMY RANCH CHICKEN BREAST Yellow Rice Pilaf Peas & Carrots Moroccan Beet Salad WGR White Wheat Bread Orange Juice & Milk	28. MEATBALL & CHEESE SUB WGR Italian Roll Seasoned Green Beans Mandarin Oranges Fruit Juice Milk	29. GRILLED CHICKEN BREAST w/Mushroom Sauce Wild Rice Blend Wax & Green Bean Medley WGR White Wheat Bread Cinnamon Applesauce Orange Juice & Milk	30. (SL) Sign up by 11/22 STUFFED CABBAGE WGR White Wheat Bread Cherry Crisp Orange/Pineapple Juice Milk	

Vegetarian lunch option is available; Please see the front desk for details and to sign up. Lunch is served at 12:00 p.m. in the dining room and includes an 8 oz. carton of milk. Lunch cost: Age 60 and over: **\$3.00** is the suggested donation. Under Age 60: There is a **\$5.00** charge for lunch.



Bob Cassilly
 Harford County Executive

OFFICE ON AGING

Harford County Housing & Community Services
www.harfordcountymd.gov/services 410.638.3025